

# Halifax metro



THE HANDMAID'S  
TALE

It may be a  
dark future,  
but individual  
humanity  
still shines in  
this series  
**metroLIFE**

Your essential daily news | MONDAY, MAY 1, 2017

High 6°C/Low 3°C Rain



Tapiwa Rabwi, Saint Mary's  
University Enactus team  
member, left, and  
co-president Ross Arsenault  
in Halifax last week.  
PATRICK FULGENCIO/FOR METRO



'It's down to  
building confidence  
within them to say,

## I am worth this'

Student-led project helping  
adults on the autism spectrum  
to succeed as entrepreneurs  
**metroNEWS**

## Parties take opening shots

Nova Scotia Votes

**Opposition  
pushing for  
change, Liberals  
defend record**

**Nicole  
Gnazdowsky**  
For Metro | Halifax

It's official — we are going to the polls.

Following weeks of speculation of a looming provincial election, Premier Stephen McNeil dropped the writ on Sunday, setting a May 30 election date at Government House in Halifax before heading to the Lebanese Cultural Centre to officially launch his party's campaign.

"Our province is in a good position fiscally, we've got back-to-back balanced budgets, we're

in a position where we can make investments. Now Nova Scotians have to make a decision on who they're going to let lead the province to make those decisions," McNeil told reporters following the rally.

"We are ready to take our platform to the people of Nova Scotia. I am looking forward to it, I'm hoping they will like our vision of where we are going, but it will be the people who will decide."

But the two opposition party leaders believe Nova Scotians are ready for a change from the Liberals and its majority government.

"We know that all kinds of people in the film business, all kinds of people who work in our school system and all kinds of people who can't get a doctor, all kinds of people who have had negative experiences in emergency rooms — none of these people, and there are lots more in the same category —

regard the present government with very much affection," NDP Leader Gary Burrill told Metro in an interview.

"It's a widely spread feeling that it's the right moment in Nova Scotia for us to change course, and to change direction and I am very hopefully of what the outcome of this campaign will be."

Progressive Conservative Leader Jamie Baillie also spoke with reporters Sunday in Halifax, say-

ing he, too, believes Nova Scotians are ready for something different.

"They will have to decide if they want to invest in jobs and in their communities or if they want more McNeil cuts," Baillie said. "In the next 30 days I will show Nova Scotians that there is only one party with a long term vision for our province."

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coverage, **metroNEWS**



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# Where the parties stand

A look at some of the major issues in the election, and what positions the candidates take

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## BALANCED BOOKS

The Liberals will portray themselves as good fiscal managers, having balanced the books in the last two years of their mandate and at a time when some governments in Atlantic Canada are running massive deficits. The Progressive Conservatives will counter that the government has done little to grow the economy by way of tax cuts for businesses. The NDP will maintain that more spending is needed in health care and community services.

## LABOUR RELATIONS

The Liberals have gained a reputation as hard-liners when it comes to dealing with public sector unions. The election comes on the heels of a contentious dispute with 9,000 teachers that saw the government impose a contract after the union rejected three tentative deals. There is still no deal with the civil service or with several health-care units.

Unions will also point to the unproclaimed Bill 148, which could be used to impose settlements and restrict arbitrated settlements.

## BY THE NUMBERS STANDINGS AT DISSOLUTION

<b>34</b>	<b>10</b>	<b>5</b>	<b>1</b>	<b>1</b>
Liberals	Progressive Conservative	NDP	Independent	Vacant

## EDUCATION

Some blowback from the teachers' contract dispute will also be felt as the Liberals move to address classroom working conditions and to address the highly charged issue of classroom inclusion. The Liberals will defend their record, saying they have fulfilled promises to restore an increased level of funding for the system to address such things as classroom caps and revamping the curriculum.

## HEALTH

Both the Tories and the NDP will hammer hard on an unfulfilled Liberal promise from the 2013 election of a family doctor for every Nova Scotian. Government figures released in March indicated just over 25,000 people were on the wait

list for access to a family doctor or a nurse practitioner, although figures released by Statistics Canada said 11.3 per cent of the population, or just over 100,000 people, did not have access to a health-care provider. The Liberals will counter that another kept promise to merge health authorities has resulted in a more efficient health system. Another contentious issue to be raised will be the government's abrupt shelving of a plan that would have tripled pharmacare premiums for some seniors.

## ECONOMY AND JOBS

Both the Tories and the NDP will point to a net loss of jobs over the government's mandate as proof the Liberals had no plan for the sputtering economy. The Liberals will point to gains in immigration and

to programs aimed at retaining university- and college-educated workers in the professions and trades as proof of some progress in a province facing demographic challenges.

## ARTS AND CULTURE

The Liberals' move to axe the province's lucrative film tax credit early in its mandate could likely have a lingering effect in the campaign, particularly in some Halifax ridings.

## YARMOUTH FERRY

Although all three parties support the Yarmouth to Portland, Maine, ferry, the level of taxpayer funding will be raised by the opposition. The Liberals will point to an upswing in the tourism sector as proof the ferry is a much needed economic engine in southwestern Nova Scotia. THE CANADIAN PRESS



Students rally in support of teachers outside Province House last December. JEFF HARPER/METRO

## STEPHEN MCNEIL | LIBERAL

Age: 52

Hometown: Upper Granville

**Job before politics:** Operated appliance repair business in Bridgetown for 15 years.

**Leadership history:** Chosen leader in 2007; won his district in 2003 and 2006.

**Notable moment:** In 2013 election, he brought the Liberals back to power after 14 years, returning the party to its glory years of the 1990s by winning 33 seats in the 51-seat legislature.

**Spotted in his office:** A photograph of late U.S. president John F. Kennedy, though McNeil says he is a bigger fan of Bobby Kennedy.

**Quote:** "I'm proud of the



THE CANADIAN PRESS

work we've done, we've had to make some difficult decisions. I think Nova Scotians have respected that."

## JAMIE BAILLIE | PROGRESSIVE CONSERVATIVE

Age: 51

Hometown: Truro

**Job before politics:** A chartered accountant, he worked as a senior partner at human resources consulting firm Robertson Surette; vice-president of finance for CitiGroup Properties; chief of staff to former premier John Hamm; and president of Credit Union Atlantic.

**Leadership history:** Elected leader in August 2010; was first elected to the legislature in an October 2010 byelection in Cumberland South.

**Notable moment:** Lost 2013 campaign, but brought the party back to second place with 10 seats after it fell to third when the NDP swept to power in 2009.



JEFF HARPER/METRO

**Spotted in his office:** A small print of the late U.S. president John F. Kennedy sits next to a baseball signed by former Red Sox and Expos lefthander Bill "Spaceman" Lee.

**Quote:** "We believe we have a vision for where to take this province and a plan of action to make lives better for people."

## GARY BURRILL | NDP

Age: 61

Hometown: Woodstock, N.B. (with family roots in Yarmouth)

**Job before politics:** The social justice advocate and graduate of Queen's and Harvard was ordained as a United Church minister in 1992.

**Leadership history:** Elected leader in 2016 without a seat; he was an NDP backbencher for Colchester-Musquodoboit Valley from 2009 to 2013.

**Notable moment:** Beat out two sitting MLAs in the leadership race: Perceived frontrunner MLA Dave Wilson, a former cabinet minister, as well as MLA Lenore Zann.



JEFF HARPER/METRO

**Spotted in his office:** A photo of Jamie McLachlan, a Cape Breton coal miner, union leader and labour advocate, and a photo of the home of Joseph Howe, provincial politician, newspaperman and public servant.

**Quote:** "We are in a new moment. The best way forward is investing in the real lives of real people."



# Brushing up for birthday bash

## ENVIRONMENT

### Family pledge to fill 150 bags of garbage for Canada's 150th



**Julianne Steeves**  
For Metro | Halifax

This is one A-plus project.

Darlene Brennan and her seven-year-old granddaughter Shea are celebrating Canada 150 by pledging to pick up 150 bags of garbage during their walks back from the young girl's school.

"It occurred to me that when Canada turned 100 back in 1967, I was teenager and it was very popular for people to have centennial projects," said Brennan.

"At the same time, in the late winter, we saw garbage laying around and I was planning a day in Shea's March Break we could do a pick up, as well as on Earth Day. That's when it came together: why not combine the projects?"

Shea was on board. The seven-year-old said she wanted to be part of the project too and make the outdoors cleaner.

Since then, Shea and her grandmother have picked up 33 bags of garbage on their walks home from Shea's school along Crichton Street in Dartmouth.

"We carry a bag along with us wherever we go and if we happen to see something we'll pick it up," said Brennan. "We're sort of in the habit now."

Depending on the weather, they try to pick up a shopping bag of garbage each day they walk home. When they get to Shea's house, her granddaugh-



Darlene Brennan and her granddaughter Shea take a break on the shore of Lake Banook in Grahams Grove Park. ZANE WOODFORD/METRO

ter marks it off on their Canadian parks calendar. They've also decided to make a chart to keep track of their progress.

Brennan is also enjoying spending time with her granddaughter.

"Since I've retired this fall, I spend these four afternoons a week with her and it's just great," said Brennan. "She's very keen as well. She learn-

ed about the environment in school and she's very pleased to be part of this."

Though it doesn't look like they'll reach their goal by Canada day, Brennan is pretty certain that they'll get their 150 bags.

"Shea is very competitive so I think she's determined that we're going to do it," said Brennan.



**It's sad to see litter coming down into the lake and effecting the birds and the wildlife.** Darlene Brennan

Brennan's motivation is to do her small part to make the neighbourhood a bit nicer for everyone.

"I live near Lake Banook and I walk along there often," said Brennan. "It's sad to see litter coming down into the lake and affecting the birds and the wildlife."

Despite this, Brennan has been encouraged by the cleanup she's seen around the city since they began the project.

"It's good to see the trash disappearing. We were very pleased after Earth Day with

the cleanup that had gone on around the city," said Brennan.

Brennan is going to bring the project to some other parts of Canada this summer.

"We plan on being in Ottawa for Canada Day celebrations so I'm sure we'll have some opportunities to help clean up a bit there as well," said Brennan. "I'll be visiting Newfoundland in June so we'll take it through as much of Canada as we can."

Until then, Brennan and Shea will work to keep their spirits up and keep heading towards their goal.

## NOMINATE

Each week, we will profile an unsung volunteer hero in our community as part of Halifax Heroes.

To nominate someone, email philip.croucher@metronews.ca, Metro Halifax's managing editor, or Tweet @metrohalifax using the hashtag #HalifaxHeroes



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# Project is 'bridging the gap'

## BUSINESS

### Autism Works gives adults tools to excel as entrepreneurs



**Yvette d'Entremont**  
Metro | Halifax

A Saint Mary's University student-led project that helps adults on the autism spectrum to succeed as entrepreneurs is garnering national attention.

The Autism Works Entrepreneurship program is an initiative of the university's Enactus Canada team. Since its inception in February 2016, it has grown to include 18 entrepreneurs in five provinces and is up for a national award in Vancouver next week after winning the Enactus Canada regional competition.

"It is a consulting platform at its base core," explained Ross Arsenault, co-president of Enactus Saint Mary's. "It's bridging the gap between individuals on the autism spectrum and helping them achieve their entrepre-



Tapiwa Rabwi, left, and Ross Arsenault pose for a photo at Saint Mary's University in Halifax last week. The Saint Mary's University Enactus team initiative is up for a national award in Vancouver. PATRICK FULGENCIO/FOR METRO

neurial goals, to get them in the position where they'll succeed as entrepreneurs."

Arsenault said the program grew out of an existing Enactus Saint Mary's initiative called Ac-

cess Ability. Seeing how well that program worked, the student team was approached by Autism Nova Scotia and its partners.

"Nova Scotia as a whole is one of the stronger communities for

supporting individuals on the autism spectrum but there's still an 85 per cent unemployment rate for adults with autism so entrepreneurship is a key aspect," Arsenault said.

One of the things the team noticed was their clients, whose professions range from plumber to baker, often undersell themselves. Arsenault said despite being exceptional at what they do, some were only charging one-quarter the going rate for their services.

"It's down to building confidence within them to say 'I am worth this, I do have a valuable service that people will want,'" he explained.

This past January, team member Tapiwa Rabwi travelled across the country to meet with Enactus members at other universities to franchise the model.

The consultation program now has 10 clients at Saint Mary's and eight spread out across four other provinces.

"It keeps growing week after week as we keep getting more entrepreneurs hearing about this program and getting inspired and saying 'Yeah, I want to be a part of this program because I want people to support me

## + EXPO DATES

Members of the Saint Mary's Enactus University team behind Autism Works Entrepreneurship will attend the 2017 Enactus Canada National Exposition from May 9-11.

who are able to help me," Rabwi explained.

"We've really been able to fill a gap in the market that really doesn't cater to entrepreneurs especially because there are a lot of different supports out there but they don't do the one-on-one personalized tailored consulting that we deliver. And that's the real missing key."

While they'd like to take home the national award, Rabwi said they're happy for the national exposure and the chance to share details of the program with a national audience.

"We'd like to get mentorship and hopefully funding to expand the program to other universities across Canada and internationally as well as we feel this model does have a huge potential for scale," Rabwi said.

## Halifax DIGEST

### ASSAULT

#### Man attacked in hotel room by unknown assailant

A man was roughed up inside a Halifax hotel room on the weekend.

Halifax Regional Police say officers were called to the Chebucto Inn on Lady Hammond Road around 8 a.m. Saturday in relation to an assault.

The victim, a 39-year-old man, told police he was attacked by men he didn't know.

There is no description of suspects. METRO

### CRIME

#### Dead body found along Bedford shoreline

Halifax police say they found a body at a shoreline in Bedford on Sunday morning.

In a release, police say the body of a man was found at 6:30 a.m. in the area of Shore Drive and Hatchery Lane. Police are still trying to make a positive ID of the victim, and to contact family members.

"Police are not treating this death as suspicious at this time," a statement said. METRO



## Overnight Street Cleaning

Beginning Monday, May 1, 2017

Overnight Street Cleaning on the Halifax Peninsula starts May 1 and takes place from 12:01 a.m. - 8 a.m. All other areas scheduled for street cleaning are completed during daytime hours.

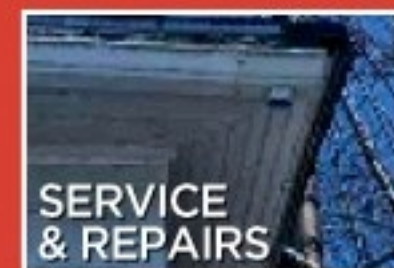
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# Mom's bittersweet return

**FORT MAC:  
ONE YEAR LATER**

## Baby brought family strength in dark time

**Helen Pike**  
Metro | Calgary

It was the best and worst year of her life. Last year, in their Abasand home, Kyle McLaren, who was 40 weeks pregnant, barely had time to scoop up her shoes before running out the door in the last minutes to evacuate from the Fort McMurray fire.

A year later, McLaren said she still dreams of what she could have taken with her — a photo album, an accordion file folder, her baby's blanket.

Her daughter, Dawson, who was born safely in Calgary on May 13 in Room 13 at 10:13 a.m., is walking now. McLaren says without her, she's not sure she would have made it through the fire.

"At first, none of it kicked in, we were just there," McLaren said. Instead of bringing her baby



After losing her Fort McMurray home at 40 weeks pregnant, Kyle McLaren and her fiancé are renting a home with their daughter Dawson, now almost one year old. JENNIFER FRIESEN/FOR METRO

home to her own house, with the things she'd gathered for their newborn daughter, she was in a cramped room in her Calgary relatives' home.

"They let me just take a baby home from a hospital," McLaren said. "I still have postpartum, and I think it's worse because

of what happened."

She said that when her mind lingers to having her next baby she immediately thinks: "What if the house burns down again?"

"Last year was the worst year of my life, but it was also the best, because she was born," McLaren said. "It was an exciting

time and experience, but it was really crappy.... If I didn't have her, there was no way I would have made it through this.... She was a happy distraction."

Over the phone from Fort Mac, you can hear McLaren's teething tot gurgling in the background, fussing, laughing. Her home

burnt down so she's living in a downtown condo. It took her eight months before she and her family felt ready to return.

"We were really excited to come up here, but it was scary," McLaren said.

When Dawson was six months old they came up to Fort Mac for a visit, snuck into their old neighbourhood and couldn't discern which of the rubble-ridden lots used to be theirs. That was hard, and she hasn't been able to go back since, but coming back for keeps was another matter.

"I was excited to be on our own again, be a family, but I was also terrified," McLaren said. "We drove up in separate cars, I wanted to pull over so many times and say, 'I can't do this, I'm going back.'"

She's still isn't sure how her daughter's birth story will form. Dawson is too young right now to realize the great escape her parents made to deliver her safely in Calgary.

"It's a life-changing thing," McLaren said. "I think it might be one of those things you tell at her wedding day."

Hearing about the fire now still upsets her. "Eventually, it won't be so hard to talk about."

## GLOBAL DIGEST

### N.Y. aims to bump Canucks out of the Trump slump

New York's tourism industry is worried Donald Trump's America First policies are turning off Canadian visitors, and they're heading north this week to woo Canucks and their tourism dollars.

The head of New York City's official tourism organization minces no words in admitting he's keen "to counter a little bit of the negative rhetoric that is coming out of Washington."

"We want to remind everyone that New York City is welcoming and that we are a diverse and safe city, a sanctuary city like Toronto, and we value the same things," Fred Dixon said.

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### Defence minister offers a full apology

Defence Minister Harjit Sajjan has apologized for embellishing his role in a key Afghan offensive as evidence emerged that he had made the false claim before.

Sajjan took to social media this weekend to issue a full mea culpa for his claim that he was the "architect" of Operation Medusa, a 2006 offensive by Canadian forces to oust Taliban fighters from districts around Kandahar.

Sajjan said he had "made a mistake" in describing his role. "I wish to retract that description and apologize for it. I am truly sorry," he tweeted Saturday, referring readers to a fuller explanation on his Facebook page. TORSTAR NEWS SERVICE

metro EXCLUSIVE

## Canadians are ready to save the Great Lakes, poll shows

**May Warren**  
Metro | Toronto

The majority of Canadians support stepping up to fund the Great Lakes if the U.S. guts a program to protect them.

That's the finding of a new Forum Research Inc. poll for Metro News.

It found 57 per cent of those polled agreed Canada has a responsibility to increase funding to the Great Lakes if the U.S. cuts investment.

President Donald Trump's proposed budget plans to nearly wipe out the Great Lakes Restoration Initiative, cutting its \$300 million budget by 97 per cent.

Mark Mattson, president of Lake Ontario Waterkeepers, warns cuts would have disastrous consequences on interconnected Great Lakes ecosystem.

He believes the American people might still fight back against cuts.

"To make cutbacks now and to go from an era of restoration, which is really what we've been seeing for the last 10 years, and

go back to an era of destruction is just not going to fly with the Americans," he said.

"I think the poll proves it's not going to fly with Canadians either, and we're prepared to step up and take a leadership role."

The program, started under former president George W. Bush, funds crucial activities like cleaning toxic areas and restoring natural habitats, said Nancy Goucher, manager of partnerships at Freshwater Future.

Goucher said Canada also needs to put money towards do-

mestic initiatives, like addressing algal blooms in Lake Erie that are already affecting water quality.

"We are drastically behind the U.S. in terms of per capita funding that goes towards fresh water," she said.

The poll found younger Canadians (under 34), the least

wealthy, and those in Ontario and B.C., more likely to support increased Great Lakes funding.

It makes sense, said Elizabeth Hendriks, vice-president of Freshwater Program at World Wildlife Fund Canada, as younger people are the ones who will have to live with the consequences.

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## Defining free speech on campus

Universities are supposed to be places where debates happen about anything and everything, with no restrictions on academic freedom. On the other hand, higher education has traditionally excluded people from marginalized groups, such as women, ethnic minorities, poor people and LGBT people. It's a tough line to walk, as recent demonstrations, clashes, and cancelled events at campuses across Canada and in the U.S. have demonstrated. We brought together three viewpoints on the thorny issue of limitations to free speech. **GENNA BUCK/METRO**

### DENIO LOURENCO

What we are witnessing at U of T and other campuses in Canada and the U.S. are students who are making it clear that racism, transphobia, Islamophobia, and ableism will not be tolerated in educational environments where students are paying tens of thousands of dollars to learn and launch their careers.

While we believe higher education institutions should be places for people to share different ideas and opinions, there are limitations to that.

Language can be constituted as violence because when used in a violent manner, it causes pain. Not to mention the potential effect of producing physical violence.

We need to challenge this myth that people like (University of Toronto psychology professor Jordan Peterson, who has drawn ire for saying he won't address transgender and non-binary people by their preferred pronouns) are making valuable contributions to academia. Peterson admits that he has limited knowledge on gender, theories of gender, or experience with trans people. What he's actually discussing is his own personal opinion, which is rooted in prejudice.



**Lourenco is the LGBTQ co-ordinator at U of T Mississauga student union. CONTRIBUTED**

### STEPHEN HICKS

If we're devoting university funds to something, we should be inviting people who are scholars. Someone like Ann Coulter? I'm not going to be inclined, as a nerd academic, to invite that person. But if that person is invited, I'd tell my students: "Here's her point. It's out there. Part of your education is to be aware of it." If she's really bad, we should be able to out-argue her. **Part of life is learning that your views are going to be challenged. You're going to be offended. That's character education.**

(When it comes to freedom of speech on campus), it is always the worst case you have to defend. Even if you find something disagreeable or repugnant, handle things in an open fashion. University should breed nuanced judgments.

There's something important going on here, in the intellectual world. **Influential intellectuals argue there's no such thing as truth, rationality or objectivity. And if in a deep way you believe that, you stop trying to reach the truth and be rational.** Any tactic or strategy to get your group's view to prevail (becomes okay).

Speech becomes a weapon used against 'our' interests. If you think there only are your views, and everyone else is Hitler, that's a problem with you. You're not an educated mind yet.



**Hicks is Professor of philosophy at Rockford U. CONTRIBUTED**

### ZACHARY STRONG

People who invite speakers like Milo Yiannopoulos aren't doing themselves any favours. **Dialogue has to go both ways, and inviting someone provocative in the name of "free speech" doesn't help.** Speakers like Peterson, who actually has articulate commentary to offer, are a different case entirely.

If you try to shut down things you don't agree with, you lose out on actually understanding someone else's opinion.

Students and young people now are not allowed to fail and deal with negative emotions. **When they get into a situation where they have to confront ideas that they really don't agree with, it's actually really distressing.**

I think students' attitudes toward university have changed. University is more of a transactional thing now, where students go to school for a degree, not an experience. I don't think universities really push students outside of their comfort zone anymore. I think they're afraid of getting bad press.

If these kids can't learn to grapple with tough ideas and reach compromise, when they become our politicians and our business leaders, they will be woefully unequipped to deal with challenges. *All interviews have been edited and condensed for brevity.*



**Youth leader Strong is a recent McMaster U grad. CONTRIBUTED**



### JOHANNA SCHNELLER WHAT I'M WATCHING

## Humans are corruptible

**THE SHOW:** *The Handmaid's Tale* S1, E2 (Bravo)  
**THE MOMENT:** The cookie

In a dystopian near-future, handmaid Offred (Elisabeth Moss) serves as a breeder for her Commander (Joseph Fiennes) and his wife Serena (Yvonne Strahovski).

At another commander's house, a condescending wife offers Offred a cookie.

"You shouldn't spoil them. Sugar is bad for them," another wife scolds.

"Surely one won't hurt," Condescending says.

Serena hands Offred a perfect macaron. It's clear this is a rare treat. It's also horribly shaming. Offred takes a small bite.

"Isn't she well-behaved!" Condescending trills.

Offred, excused, clamps a hand over her mouth and ducks into a powder room. She spits the lump of chewed cookie into the sink and rinses it away. She smiles into the mirror. They haven't killed her spirit yet.

I was anxious about this series. I greatly admired Margaret Atwood's source novel, but there were things I didn't buy (the biggest: that a society set up by men would revolve around dreadful sex).

But I'm happy to report that the three episodes I've seen are terrific.

First, as all reviewers have noted, creeping totalitarianism in the real world makes

the story eerily timely.

Second, the flashbacks that show the U.S. turning into this rigid theocracy are excellent slices of believability.

Third, we see just enough of them that the scenes of pre-turn, regular life look like heavens of freedom.

Mainly, I'm loving how the show makes room for scenes like this one; original, off-kilter, yet tone-perfect character moments that demonstrate the larger theme: humans as a group are corruptible, but individual humanity can endure.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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# Farm's water buffalo are the big cheese

DAIRY

## Consumer demand for versatile milk is growing

Owen Roberts  
Urban Cowboy



Nothing says spring like the birth of a baby animal — even if that baby is a 100-pound water buffalo, named Jolene.

Jolene was born last month at the Ontario Water Buffalo Company, about two hours east of Toronto. Owners Martin Littkemmann and Lori Smith are expecting about 100 calves this spring.

Females like Jolene are particularly coveted for their milk. In four years, when she's a full-grown five-foot-tall, 2,000 pound adult, she'll be producing up to 10 litres of milk per day.

And that's music to Littkemmann and Smith's ears.

Buffalo milk is a lucrative, sought-after, versatile product. It's protein rich, high in fat and low in cholesterol. This spring, Littkemmann and Smith are working with commercial dairies in Toronto and elsewhere to produce new water buffalo products, including gelato and a blue cheese called Azzurro di Bufala.

Restaurateurs are catching on. Clark Day, newly minted fellow of the Ontario Hostelry Institute and owner of Bayview Farm Restaurant in Kingston, Ont., says Littkemmann and Smith make some of the best cheese in the province. In his fine dining establishment, he offers the Ontario Water Buffalo Company's mozzarella — the crowning jewel of a tasty Caprese salad — along with its asiago, blue and ricotta cheese.

"Martin and Lori and talented and incredibly hard working



Lori Smith gives some love to newborn calf, Jolene. PHOTOS BY LIZ BEDDALL/FOR METRO CANADA

## THE FUTURE of FARMING

### What's next for these water buffalo farmers?

Researchers at the University of Guelph and McGill University are helping the Ontario Water Buffalo Company improve the genetics of their herd. That involves modern reproductive technology, such as embryo transfer, in-vitro fertilization and artificial insemination. By the fall, the farm hopes to be exporting breeding animals.

OWEN ROBERTS/FOR METRO

### Helping feed the hungry world

It's estimated that by 2050, the world will be consuming two-thirds more protein than it does today. Some experts believe indigenous animal such as water buffalo could help. "Buffalo production makes an important contribution to economic development, rural livelihood, poverty alleviation, and meets the fast-growing demand for animal protein," write B.M. Naveena and M. Kiran in the journal *Animal Frontiers*.

OWEN ROBERTS/FOR METRO

farmers" he says, "and we are honoured to represent them at our restaurant. Their products help keep our menu varied and original."

Water buffalo could do much worse than to belong to the Ontario Water Buffalo Company herd. The farm, which supports an impressive 350 animals, is



Herd assistant Erin Joron, left, and herd manager Caitlin West work in the milk barn.

one of the largest and most well-established of the dozen water buffalo farms in Canada.

Yet despite its size, Littkemmann, Smith and their herd-speople know each animal by name.

Jolene, for example, is joining the likes of Zorra, Jamaica and Sunnie, other names found in the herd.

The water buffalo have oo-

dles of room to roam and graze here — 450 acres, in fact. They can swim in an eight-foot-deep pond. They can wallow in whatever mud they can find.

Or they can chill.

Despite their size, water buffalo are gentle, docile animals, content to do very little. Yvette, the farm mascot, even lets people sit on her back for photos, each year during the

## FARM links

Connecting with the world of water buffalo

### Ideas for using buffalo mozzarella

[pinterest.com/explore/buffalo-mozzarella](https://pinterest.com/explore/buffalo-mozzarella)

### All about water buffalo

[nationalgeographic.com/animals/mammals/w/water-buffalo](https://nationalgeographic.com/animals/mammals/w/water-buffalo)

### Water Buffalo Festival

[ontariowaterbuffalo.ca/events.html](https://ontariowaterbuffalo.ca/events.html)

**Take our poll** The name of Martin and Lori's next water buffalo calf will start with an "L." Take our [metronews.ca](https://metronews.ca) poll and tell us what the calf's name should be?

Water Buffalo Food Festival in nearby Stirling.

And even though they are easily milked — like they are twice a day at the Ontario Water Buffalo Company, at 6 a.m. and 5 p.m. — they've never really caught on in Canada. Here, more productive breeds of dairy cows, especially Holsteins, are favoured, which give about three times as much milk per day.

But that's fine with farmers Littkemmann and Smith, who have experience with conventional dairy and beef cattle. When they decided to commit to water buffalo, they weren't looking for the norm.

"We tend to take the road less travelled," says Littkemmann. "We like doing something different, and in Canada, it's hard to find something more different to farm than water buffalo."

Owen Roberts is an agricultural journalist at the University of Guelph. Follow him on Twitter at @TheUrbanCowboy.



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# TOP 150 FOR 150

CELEBRATING CANADA'S GIFTS TO THE WORLD

## Xmas with mummers

### HOLIDAYS

### East coast tradition is a scream

Sean Plummer

Christmas is a time with mom. In Newfoundland and Labrador, it's also spent with mummers.

The strange tradition of mumming (also known as "mumming" or "jannying") was likely brought to Canada's eastern shore by immigrants from Great

Britain.

Mummers wear masks — often with the horns, skins, and tails of caribou, seals, goats and sheep — and ask their neighbours to guess who they are. Guess the mummer and your guest is obliged to take off their disguise.

Some mummers bring musical instruments to entertain their hosts, and they leave when the grog is gone.

Mummers in St. John's used to parade through town during the 12 days of Christmas, but the rowdy practice, often fueled by alcohol, was outlawed in 1861.

Mumming continues sporadically today, mostly in rural communities.



Participants in St. John's Mummers Festival in November. The parade celebrates the old tradition of mumming. THE CANADIAN PRESS FILE PHOTO

### Cashing out on \$1M coin

Don't even bother trying to get change for this one. In 2007, the Royal Canadian Mint produced a gold coin with a face value of \$1 million.

Weighing 100 kg (3,215 troy ounces), the giant coin was created to celebrate the 99.999 per cent pure 1 oz Gold Maple Leaf bullion coins the Mint was also selling at the time.

Guinness World Records certified it as the world's largest gold coin, while investors in Canada and abroad have gone on to purchase five of them.

SEAN PLUMMER



The Bay of Fundy in Nova Scotia is known for having the world's highest tides. ISTOCK

### Tide's up!!

Did you know that the world's highest tides are in Nova Scotia's Bay of Fundy?

They can reach as high as 16 metres as the water travels along the 280 km of shoreline to the Minas Basin. The power of these waves is about the same as 8,000 locomotives or 25 million horses.

SEAN PLUMMER



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# CAMP GUIDE

## PREPPING YOUR NEWBIE DAY CAMPER

### Tips to get kids ready for their first day camp

Your daughter is about to embark a fun-filled journey with new friends and exciting adventures. The only problem? She doesn't know it yet.

Here are a few tips to help parents ease any pre-camp jitters and make the most of what will surely be the best of times.

It begins even before the camp is selected.

"One great tip that we often recommend is to choose camps with your kids," says Agnes Stawicki, managing editor at Our Kids Media. "When they're involved in it from the start they can take ownership of that decision."

Then when it comes to getting ready for camp that first morning, she says that involvement should translate into eagerness.

The next step is getting into reminder mode.

"Let them know ahead of time – say the week before – what is happening next week," says Stawicki. "You can share with them little tidbits on what is going to be happening at camp or the types of activities that they might be getting involved in. And that will again get them excited about going."

That first hurdle, she says, may be the only one that needs clearing. "Once they get there on the first day, they're typically

so excited they can't wait to go back (the following day), and by the end of the week they're saying, 'No, it's already done? I want to stay longer.'"

Staying on top of the actual requirements of the camp can also reduce anxiety.

"Make sure that you have a good look at a checklist of what to bring and what not to bring," she says. "Particularly regarding food allergies, so that your child doesn't feel that they are singled out for bringing something that's not allowed."

Stawicki says homesickness is less prevalent than at sleep-away camps, partly because kids have reached school age and are accustomed to being away from home throughout the day. "That said, speak to the camp if you feel that your child may be homesick and find out what their policies are around that," she says. "Most camps are very open with communication. Just to let you know how your child is doing, as well."

—SEAN DEASY

**"ONCE THEY GET THERE ON THE FIRST DAY, THEY'RE TYPICALLY SO EXCITED THEY CAN'T WAIT TO GO BACK (THE FOLLOWING DAY)"**

— Agnes Stawicki, managing editor at Our Kids Media



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## Try something new: Circus arts!

Parents are always looking for great new experiences for their kids to try over the summer. Learning circus arts at Studio In Essence is one of them. Camps at Studio In Essence are all about getting kids moving — the circus way. Kids learn new skills on trapeze, aerial silks, and aerial hoop in a number of different camps throughout the summer.

"There will be time to explore, play, and be creative, as well as structured lessons to practice new tricks," said director Christy Sanford.

"Kids that love climbing, spinning, dancing, or gymnastics will be in their element. There will also be physical theatre, acrobatics, and maybe even a juggling or pro hula hoop lesson."

Camps at Studio In Essence feature small class sizes and patient, skilled instructors. The aerial instructors are the top in the industry and have years of experience performing as well as teaching kids. All the instructors work professionally in fitness and movement, and are very safety conscious.



CONTRIBUTED

## Dal sports camps perfect for both beginners or avid players



CONTRIBUTED

Keep your kids busy — and exhausted by the end of the day — with a Dal Tigers sports camp this summer. There are so many varsity sport camps to choose from: hockey, basketball, swimming, soccer and volleyball. These camps are for kids aged five to 17.

"Dal Tigers sport camps are an excellent introduction to the game for the novice player and an opportunity for more experienced players to enhance their fundamental skills," said spokeswoman Angela Barrett-Jewers. "Participants are grouped by age and skill level to facilitate learning and quality competition."

These camps are focused on improving kids' current level of skill to reach their personal goals, she added. They also feature low instructor-to-student ratios so kids can develop their skills while instructors teach the importance of teamwork and fair play.

"Dal Tigers sport camps are led by our varsity coaches and student-athletes," said Barrett-Jewers. "Our coaches have extensive backgrounds in both youth and high-performance settings and have gone through NCCP training at various levels in their sports."

Dal coaches have been running camps for

many years and know how to make the camps fun and engaging for kids.

Plus there are plenty of other perks that come with Dal Tigers summer camps. Participants receive a regular season pass to all Tigers home games, a family day pass to the Dalplex, a camp t-shirt or jersey, cafeteria-style lunches with healthy and nutritious options (except hockey camps).

Dalhousie has been running camps for kids for over 20 years and all camps are co-ed unless otherwise specified. Book your space by registering on-line through [dal.ca/camps](http://dal.ca/camps).



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# LET YOUR IMAGINATION RUN WILD THIS SUMMER

## Learn about dragons, explorers, seafaring and aquatic creatures at King's College day camps

Dragons, seafarers and spies are just a few of the summer camp themes at the University of King's College. King's day camps run from July 3 to Aug. 25, and they're sure to interest kids in grades primary through Grade 6 with learning, exercise and a whole lot of fun.

It's all about getting kids to experience new things and ideas, said Tim Ross with the University of King's College.

"King's Campus is an excellent venue to host children," he said. "We can enjoy the quiet and beautiful quad that has low traffic, and King's is close to parks for the kids to enjoy."

Kids camps start and end each day

within the King's gym facilities. Snacks and lunch are included and are prepared by the university food service in the dining hall.

"Each week will have a new theme and the daily program will ensure the children are active and engaged," Ross said. "The overall goal is to ensure the children learn, be active, make friends, enhance team building skills and have fun."

The camp leaders are experienced team builders that enjoy teaching children new things. Many of them have been involved in a variety of sports and local kids events.

The themes of the camps are engaging and exciting for kids and they come with fantastic field trips.

Tropics Week involves stories, tropical-themed crafts, and fun outdoor activities.

Learn about dragons through storytelling, crafts, and games designed to let kids' imaginations soar during Dragon Week. Superhero Week is perfect for the child who wants to develop their own super-



STOCK

powers through themed games, crafts and storytelling. Unleash your inner explorer during Explorer Week and discover hidden treasures all around the Halifax Peninsula.

Seafarer's Week explores Nova Scotia's deep connection with seafaring through crafts, stories and activities. Mad Science Week explores new concepts and new sci-

ence facts through themed crafts, games and other activities. In Spy Week, kids take spy school training through games, crafts, puzzle-solving and other themed activities. Under the Sea examines the world and creatures hidden under the waters of the Atlantic through crafts, storytelling and themed activities.



It's going to be a great summer.  
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"I just want to fight everyone, man": Londoner Anthony Joshua who stopped Wladimir Klitschko in the 11th Round on home soil at Wembley Stadium

# Caps try to clear the air

CONFERENCE SEMIFINALS

## Washington's hopes hang by a thread with Pens rolling

Desperate times called for a players-only meeting in the Washington Capitals' locker-room after they fell behind 2-0 in their second-round playoff series against the Pittsburgh Penguins.

What was said? Matt Niskanen called it "none of your business," Alex Ovechkin insisted "it stays between us" and Justin Williams said, "We'll keep that between us."

Suffice it to say, when alternate captain Nicklas Backstrom and other leaders spoke up, it wasn't a cheery message.

"It was things that people need to say and things that some people need to hear," winger T.J. Oshie said. "What was said is what needed to be said."

What's said matters little if the Capitals don't get the job done on the ice in Game 3 on Monday night in Pittsburgh. Already, they face long odds, as just 18 of the previous 87 teams to drop the first two games of a best-of-seven series at home have gone on to win the series, and only four in NHL history have



Matt Cullen got the scoring started on a shaky Braden Holtby on Saturday in Washington.

PATRICK MCDERMOTT/NHL VIA GETTY IMAGES

come back from a 3-0 deficit.

Coach Barry Trotz didn't feel he needed to say Braden Holtby would start Game 3 but did so when asked Sunday during a conference call. Trotz pulled Holtby after three goals on 14 shots in two periods on Saturday night and seemed stunned to be asked about his status for Game 3.

"Yes, absolutely, why would you think otherwise?" Trotz

said. "No question he's our goaltender. Expect him to start tomorrow."

Trotz praised Holtby's mental toughness and body of work, and said the reigning Vezina Trophy winner will "be the difference in this series." Holtby has responded well in games after being pulled this season, including back-to-back shutouts on one occasion and a string of eight consecutive victories

on another.

Holtby, who is 7-4 with a 2.62 goals-against average and .911 save percentage in eight games in these playoffs after putting up far better numbers in previous post-seasons, took the blame for not making a save on the Penguins' third goal in Game 2. But he's by far not the only problem for the Capitals, who've had some ill-timed turnovers and mistakes that have led to odd-man rushes.

"Everybody's in the same boat," Williams said. "We're just not doing quite enough. To beat them you have to do everything right. We're not going to shy

71-44

The Capitals have outshot the Penguins 71-44 through two games but were outscored 9-4.

away from it. We're going to go there and see what we're made of. We're just a hair off. You go to the puck and you're a hair away. There's little ticks here and there, little races, little battles throughout the ice, and we're not quite there."

Niskanen said the Capitals "can see our path to success," and one of Oshie's key points is that he and his teammates must avoid frustration.

There are some tactical adjustments they must make, especially after Sidney Crosby and Co. blocked 62 shots through two games and turned a few of those into goals.

"We've got to get our shots through and around the blocks," Trotz said. "We've got to shoot it quicker before they can get in those lanes."

For a team with a reputation of early playoff exits and one that hasn't made it past the second round in the Ovechkin era, there's no shortage of urgency.

"No one in here needs a lesson about how to go home early," Oshie said. "We've done that. It's well known. The fans know it. We need to man up here and go into Game 3 and change our attitude and have some fun while we do it." THE ASSOCIATED PRESS

## Preds pounce at home

GAME 3 In Nashville



The Nashville Predators finally had a chance to show how they would react to their first loss this post-season.

Returning home, they put their deep scoring on display and bounced back with a big victory.

Cody McLeod scored the game-winner early in the second period, and the Predators beat the St. Louis Blues 3-1 Sunday to grab a 2-1 lead in their Western Conference semifinal.

"It shows a lot of character coming off a loss last game," Predators goalie Pekka Rinne said. "We knew that coming in it's a huge game. Responded really well. It's a good feeling obviously, but you already start thinking about the next one and trying to keep this momentum going."

Defencemen Ryan Ellis and Roman Josi also scored, and Colton Sissons added two assists. The Predators outshot St. Louis 34-23, and they now are 6-1 this post-season.

Alexander Steen scored for the Blues, who lost for the first time on the road this post-season.

THE ASSOCIATED PRESS

QMJHL PLAYOFFS

## Sea Dogs punch ticket to final series

Bokondji Imama capped a three-goal third period with the winner as the Saint John Sea Dogs rallied for a 6-5 victory over the Chicoutimi Saguenéens on Sunday to win their QMJHL semifinal series in six games.

The Sea Dogs will face the Blainville-Boisbriand Armada for the President Cup. Thomas Chabot and Samuel Dove-McFalls also scored in the third for Saint John. Jakub Zboril had a goal and two assists with Joe Veleno and Julien Gauthier, on the power

GAME 6 In Chicoutimi



play, rounding out the attack. THE CANADIAN PRESS

### IN BRIEF

#### Homan along atop curling

Rachel Homan capped an impressive season of curling by winning the Champions Cup.

The Ottawa skip downed Sweden's Anna Hasselborg 5-4 in the title draw at Canada Olympic Park on Sunday in the final Grand Slam of Curling event of the season.

Homan along with teammates, third Emma Miskew and lead Lisa Weagle also won the Scotties this world championship this season. THE CANADIAN PRESS

#### Tottenham finally climbs over top of Arsenal

Tottenham shifted the balance of power in north London's soccer rivalry by securing its first Premier League finish above Arsenal in 22 years with a 2-0 win over its neighbour on Sunday.

Arsenal imploded inside 77 seconds at the start of the second half to hand Tottenham a ninth consecutive league win. Dele Alli and Harry Kane scored for Spurs.

THE ASSOCIATED PRESS

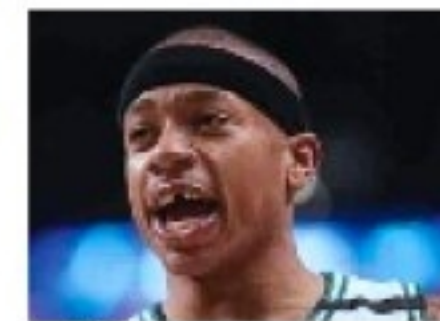
NBA PLAYOFFS

## Thomas rallies Celts from early deficit

Isaiah Thomas had 33 points and nine assists, and the Celtics made 19 three-pointers to beat the Washington Wizards 123-111 Sunday in Boston and take a 1-0 lead in their Eastern Conference semifinal matchup.

Thomas played just a day after attending the funeral for his sister, who died in a car accident earlier this month outside of Tacoma, Wash.

The Wizards scored the game's first 16 points, but the Celtics rallied in the second quar-



Isaiah Thomas GETTY IMAGES

ter with Thomas briefly sidelined after getting one of his two front teeth knocked out.

THE ASSOCIATED PRESS



MAKE IT TODAY

# Healthy Peanut Butter and Jelly Smoothie



PHOTO: MARY VISHNEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada

Try this healthy morning drink that harkens back to a childhood favourite: the pb&j. If allergies are an issue, feel free to swap almond, cashew or sunflower butter for peanut butter.

**Ready in: 5 minutes**

Prep Time: 5 minutes  
Serves: 2

**Ingredients**

• 1/4 cup frozen blueberries

- 1/4 cup frozen blackberries
- 1/4 cup frozen raspberries
- 1/3 cup Greek yogurt
- 1 heaping Tbsp peanut butter
- 3/4 cup almond milk
- 1 date

**Directions**

1. Place the date at the bottom of your blender and then all of the other ingredients. Whiz until you get a smooth consistency.

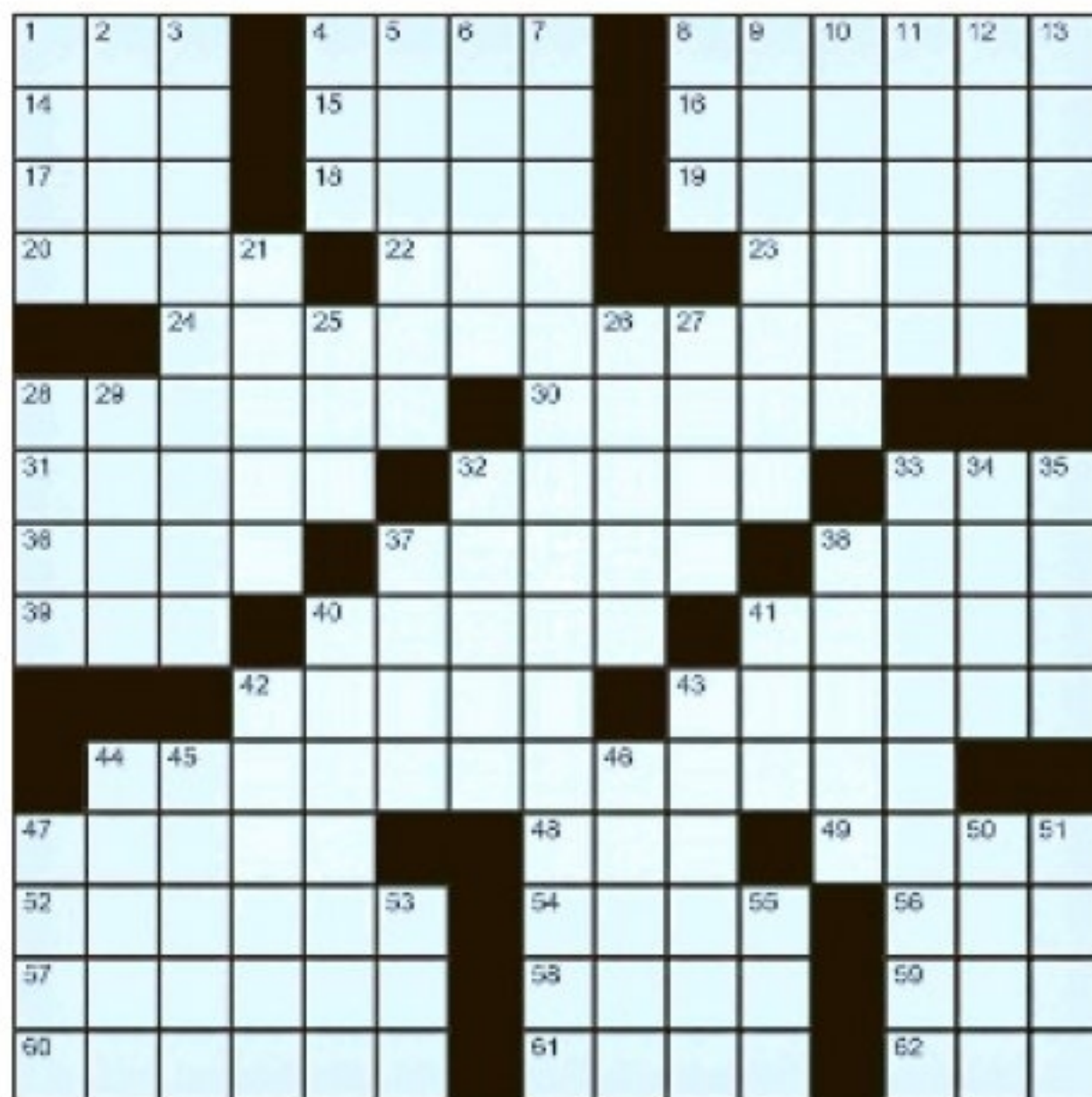
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## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

**ACROSS**

- Opera singing style, \_canto
- Stuff emptied from beach shoes
- Skyping need
- 108-card game
- 'Very', hip-style
- Put on a frock as a court professional
- VJ's network
- Attraction
- Word origin
- Li'l favoured choice
- Li'l favoured choice
- Aztec languages
- Viking maneuvers
- Traditional folk performance around a streamers-decorated post: 2 wds.
- Reduced salary
- \_ Michigan
- El reality series, for short
- Bracelet location
- P-to-T link
- Pate de foie \_
- Red veggies
- Subatomic particle
- Enunciate
- Wedding gown wearer
- English dramatist, George \_ (Contemporary of William Shakespeare)
- Do something beneath one's dignity
- Farm formation for foals
- 'As Long As Your Eyes Are Wide' is this Vancouver band's new album: 3 wds.
- Sharp weapons



- Roman myth household deity
- Fleece
- 'Welcome to our home': 2 wds.
- Trim
- 'Bambi' (1942) character
- Exceed
- 'Step \_ \_ pets.'

- (Furry friends palindrome)
- Time off letters
- More succinct
- Turndowns in the Highlands
- 'Move Your Body' singer

**DOWN**

- Knocked noggin result
- Doorway, e.g.
- 'It's a new road' in this Psychedelic Furs tune: 3 wds.
- South: French
- Like a sudden ending

- 'Fab!'
- Physician who was Montreal's mayor from 1854 to 1856: abbr. + first name + last name
- Small
- Competitor
- Women's fashion chain, Lane \_

- Comedian
- Home
- YMCA part
- Actualities
- Sound of laughter
- Upper crust
- Univ. treatise
- Puny parcels
- Glowing light
- Consider the options
- Denizens of Longueuil's province
- Tire-moving maneuver
- Snick-or- \_
- The \_ Awards (Music honours across the pond)
- Restaurant offerings
- Place to place a night table
- Org. in Jeannie C. Riley's 1968 hit
- Scuba professionals
- One might have icons and candles
- Pushily push
- Archer, when pointing
- 1979: 'I \_ Be Your Lover' by Prince
- Aberdeen's country, briefly
- Years, in old Rome
- Rooney of 'The Social Network' (2010)
- Lofoten's li'l land
- Blood type designation, for short

## IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
If you can play hooky today or cocoon at home, you'll be happy to do so. Somehow, you don't feel ready to greet the world this Monday morning. (Sigh.)

**Taurus** April 21 - May 21  
Today you will use your emotions to make important decisions. However, be careful, because hunches are not always right. Use caution to prevent accidents today.

**Gemini** May 22 - June 21  
Be mindful of your money and your possessions today, because something out of the blue might cause you to lose money or break something you own. Be careful.

**Cancer** June 22 - July 23  
You feel restless and rebellious today. You might be obsessed with an idea or something unusual or different. Guard against accidents. Slow down.

**Leo** July 24 - Aug. 23  
Today is a tough Monday. Things are unpredictable, and it's hard to stay focused. Just do your best to keep treading water. (That's all you can do.)

**Virgo** Aug. 24 - Sept. 23  
A friend might surprise you today. Alternatively, you might meet a real character — someone who is different or unusual. Either way, this is not a boring day!

**Libra** Sept. 24 - Oct. 23  
You might be high-viz for some unexpected reason, especially when dealing with parents, bosses and VIPs. (Incidentally, this includes the police.) Be aware.

**Scorpio** Oct. 24 - Nov. 22  
Travel plans and schedules for postsecondary schools are subject to unexpected changes and delays today. You can count on this. Allow extra time so that you have wiggle room to cope.

**Sagittarius** Nov. 23 - Dec. 21  
Stay on top of matters related to inheritances, taxes, debt and shared property so that you are not caught off guard today. Something unexpected will affect these areas.

**Capricorn** Dec. 22 - Jan. 20  
Conversations with your partner or a close friend will be touchy today, because people are rebellious and independent. This person doesn't want to cooperate.

**Aquarius** Jan. 21 - Feb. 19  
Your work routine will be interrupted with equipment breakdowns, computer crashes, staff shortages and canceled meetings today.

**Pisces** Feb. 20 - March 20  
This is an accident-prone day for your children so be extra vigilant. Likewise, social plans might suddenly change. Oops! This also is a rocky day for romance.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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1	8	2	6	3	4	9	7	5
4	7	9	2	8	5	3	1	6
3	6	5	9	7	1	2	4	8
5	4	7	1	9	3	6	8	2
9	3	6	7	2	8	1	5	4
2	1	8	5	4	6	7	3	9
8	2	3	4	1	9	5	6	7
6	9	4	3	5	7	8	2	1
7	5	1	8	6	2	4	9	3





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